

## Inside this issue:

Salute! To Your Good Health 2

Friends of the Library 2

Did You Know? 3

Art in the Council Chambers 4

Wednesday After-noon Movies 4

Weekly Senior Programs 4



See insert for details on senior programs and activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services—Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips



# Los Gatos Senior Center Newsletter

March / April 2006



## April is Keep Los Gatos Beautiful Month!

Each April the Town celebrates National Earth Day, National Arbor Day, and National Volunteer Recognition Week, through a series of events and programs. Celebrating these events gives the Town an opportunity to educate residents about the importance of protecting, restoring, and preserving our local environment - and it also provides an opportunity to celebrate volunteerism, which plays such a vital role in maintaining and improving the quality of life in Los Gatos.

This year's "Keep Los Gatos Beautiful" activities range from beautifying the Los Gatos Creek Trail, to Adopt-a-Park trail projects, to a Thermometer Exchange event at the Los Gatos Farmers Market on Sunday, April 30, organized by the Santa Clara County Household Hazardous Waste Program. Drop off your mercury thermometer, and receive a non-mercury thermometer in exchange, free of charge (one non-mercury thermometer per household).

You are invited to celebrate Arbor Day on Friday, April 28 at 12:00 noon at Oak Meadow Park. The celebration will include tree planting and entertainment. Consider bringing a picnic lunch to enjoy in this beautiful location.

For more information about any of these projects, or to volunteer your time, contact the Town's Recycling Coordinator, Lauren Mende Tacké, at (408) 399-5796, or via email at [ltacke@losgatosca.gov](mailto:ltacke@losgatosca.gov). You can also find information about "Keep Los Gatos Beautiful" on the Town's website, [www.losgatosca.gov/keeplosgatosbeautiful](http://www.losgatosca.gov/keeplosgatosbeautiful).

**We invite you to get involved and celebrate the Los Gatos community!**

## Tax Assistance

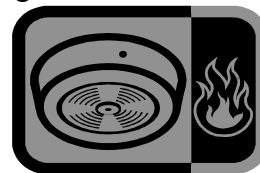
The AARP Tax-Aide program was created to help low and middle income taxpayers prepare and file their income tax returns with the IRS, free of charge.

Every year, from February 1<sup>st</sup> through April 15<sup>th</sup>, trained and certified volunteers will prepare your federal tax return. The tax preparers are able to file your return electronically, allowing you to receive your refund much faster. If you are interested in having help with your taxes, please contact the Los Gatos Senior Center at 408-354-1514 for an appointment. The Center has appointments available on Monday mornings only.

## **Salute! To Your Good Health, *By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center***

We have talked in this column about what to eat and, how to safely store and cook your food for good health and prevention of foodborne illness. Fire Safety in the kitchen and in your home can save your life! Gina Cali, Public Education Officer for Santa Clara County Fire Department, offered several key tips during her recent talk at the senior nutrition program.

Smoke alarms – Install them in and just outside sleeping areas. Most fires occur at night and alarms help you to get out before you are overcome by smoke. Test them every month and change batteries once a year. If it has been 10 years or more since you replaced the alarm unit, it's time to get a new and more reliable one.



Cooking – Do not leave any food cooking unattended, even to answer the telephone! Take a potholder with you if you leave the kitchen area to remind you the stove is on. Roll up your sleeves and turn pot handles in and make sure potholders are dry to avoid burn injuries. Keep your stovetop clear of junk mail and other clutter to avoid fire.

Fire extinguishers – Purchase only a multipurpose ABC extinguisher, learn how to use it and keep it close to the kitchen. Check it yearly to make sure it still works!

Electrical Outlets – Don't overload outlets with extension cords or run those cords under a rug. Both will overheat the wiring and make fires more likely. Use only multi-outlet strips with surge protectors for safety.



Most important, have a fire escape plan and exit drill, with emergency contact numbers and medications. Do not try to tackle large fires alone! For more information on Fire Safety and a checklist, contact us at (408) 354-0707.

### **Friends of the Library Friday Forums**

Now that the weather is starting to become more inviting and the days are longer why not visit the Los Gatos Friends of the Library Friday Forums. Friday Forums start at 7:00pm in Town Council Chambers with schmoozing and refreshments. The programs begin at 7:30pm and the Friday Forums are free to the public.

#### **Spring Forum**

With spring will come thoughts of growing things and a forum evening will be devoted to Los Gatos Carol Firenze talking about her book, *The Passionate Olive*. Firenze is a life-long devotee of the olive and its products and of the joy of cooking Italian. A tasting is promised and the date will be April 7, 2006.

#### **Wrap Up**

Muralist John Pugh will wrap up the Friends' year with panache on May 19, 2006. His slide show will show some of his award-winning murals, and the process he uses in his Los Gatos studio to produce his trompe l'oeil works. So lifelike are they that people have been known to strike up conversations with those depicted in his handiwork. You can see examples of Pugh's sleight-of-hand-and-brush at the Los Gatos Honda agency, on the wall outside Pastia Restaurant and at the Great Bear Coffee Shop, where the painting of the woman behind the bar calls to mind a famed Manet painting. *Pugh is here to trick us and it's a trick we're sure to enjoy.*

## Did You Know?

Check your credit report once a year. It's a credit healthy thing to do—and now it's free. Creditors determine whether to give you credit or a loan—and how much you will pay—based on information in your credit history. The national credit bureaus (now called consumer reporting companies) collect information from your creditors about how many credit cards and loans you have and how many accounts are late, overdue, or in collection. They sell information in your file to creditors who determine if you get a loan and how much interest you'll pay on a credit card. This information about how much credit you have and how you pay your bills can even be used to decide if you get a job, new cell phone service, an apartment lease, or car insurance.

Even if you think your credit history is good, you still should get a copy of your report. You might find anything from old accounts to errors to outright identity theft. You shouldn't be the last to know what's in your file. That's especially true now that you can get free copies of your credit reports from the three major consumer reporting companies (Equifax, Experian, and TransUnion).

### How to Order

**You can order your free reports three ways:**

Call 1-877-322-8228.

Visit [www.annualcreditreport.com](http://www.annualcreditreport.com)

Mail a request form to: Annual Credit Report Request Service,  
PO Box 105281, Atlanta, GA 30348-5281.



### How do I correct a mistake on my file?

If you find something wrong in your file, you need to tell the consumer reporting company what information is inaccurate. It is best to do this in writing. AARP recommends you use certified mail so you can prove you sent the dispute. If you have documents that support your claim, send copies—not the originals. The company has to investigate your claim and report back to you. You will also get another free credit report if your claim changes your file. You should also write to the creditor that provided the information to the consumer reporting company that you are disputing information it gave.

Here are the addresses and phone numbers for disputes.

#### **Equifax**

PO Box 740256

Atlanta, GA 30374

(800) 797-7033

#### **Experian**

PO Box 9595

Allen, TX 75013

(800) 583-4080

#### **TransUnion**

PO Box 200

Chester, PA 19022-2000

(800) 916-8800

## SAVE THE DATES!

Dust off your dancing shoes and sheet music, warm up your vocal chords, it's almost time for the annual **SENIOR IDOL TALENT SHOW!** This year's production will take place on April 13, 2006. Call the Los Gatos Senior Center at (408) 354-1514 or Live Oak Senior Nutrition at (408) 354-0707 for more details.



The annual town-wide **GARAGE SALE** will be held June 3, 2006. For more information contact the Town Recycling Coordinator, Lauren Mende-Tacke, at (408) 399-5796 or visit [www.losgatosca.gov/communitygaragesale](http://www.losgatosca.gov/communitygaragesale)



## Weekly Senior Programs at the Neighborhood Center

### Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

### Line Dance (Beginning):

For those with little or no experience.

### Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

### Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

### Mah Jongg:

A fun and challenging game played with tiles.

### Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

### Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

*For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700.*

**ART IN THE  
COUNCIL CHAMBERS  
Presents Mixed Media by:  
Los Gatos High School  
Art Class**

**Exhibit Dates:  
March 2 – April 27**

**Reception:  
Thursday, March 2  
6:00 pm to 8:00 pm**



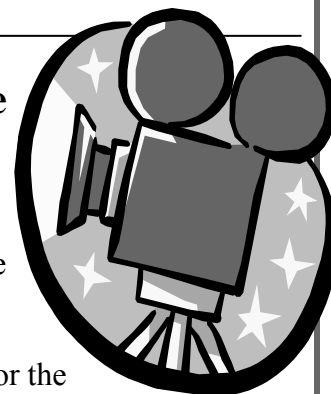
## Senior Center Information

Los Gatos Senior Center  
Located in the Neighborhood Center  
208 E. Main Street, Los Gatos, CA 95030  
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8:30 AM to 4:30 PM  
Phone: (408) 354-1514  
Email: [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov)  
Website: [www.losgatosca.gov](http://www.losgatosca.gov)

## Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). March's movie will be **The Constant Gardener** and in April we will be showing **Flight Plan**.



**Please join us for lunch and a movie, or just a movie and snack!**

## Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov).

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State / Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Return completed form to: Los Gatos Senior Center,  
208 E. Main Street, Los Gatos CA 95030